

The PE Shed



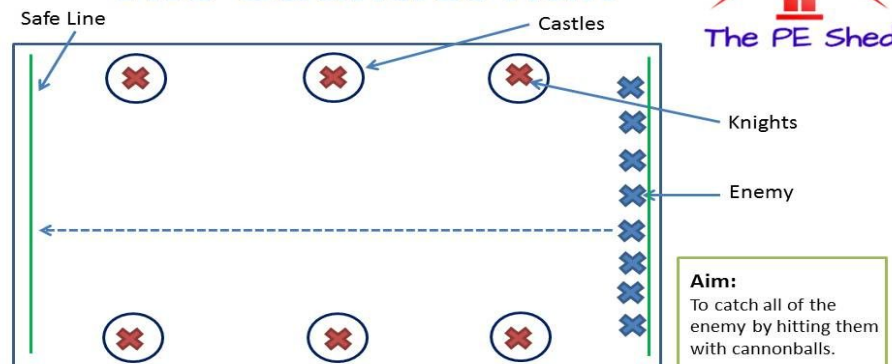
Coordination Game: The Gauntlet Run

Recommended Age Range: Grade 1 - Grade 8

Focus: Movement, coordination, overarm throw, dodging and speed.

Equipment	Setting Up	Description	Further opportunities
<ul style="list-style-type: none"> - Hoops - Soft Dodgeballs 	<p>Place 6 hoops (castles) around the edge of the playing area.</p> <p>Place a cannonball (soft dodgeball in each castle)</p>	<p>6 (or however many castles you choose) students are chosen as knights to protect their castles and kingdoms and stand inside the hoops (castles) with their cannonballs.</p> <p>They are to throw their cannonballs at anyone that tries to invade their land. Knights can only throw in the castle (inside the hoops). They are allowed to leave the castle to retrieve the cannonballs.</p> <p>The enemy (students) have to try and make it through the kingdom without getting hit by a cannonball (below the shoulders). Once they make it to the other side, they are safe.</p> <p>If the students are caught, they join the castle which hit them and become a knight for that castle. The game is repeated until all of the enemy are caught.</p>	<p>Differentiation</p> <p>Easier</p> <ul style="list-style-type: none"> - Move the castles closer to the middle. <p>Harder</p> <ul style="list-style-type: none"> - Move the castles further away from the middle - Throw with non-preferred throwing arm. <p>Variations:</p> <ul style="list-style-type: none"> - Allow students to move the positions of the castle. - Have the castles as teams. They can also try to hit knights in other castles.

The Gauntlet Run



Aim:
To catch all of the enemy by hitting them with cannonballs.

Rules:

- Knights chosen to protect the castles and kingdoms and stand inside the hoops (castles) with their cannonballs.
- They are to throw cannonballs at the enemy invading their land.
- Knights can only throw in the castle (inside the hoops).
- Knights are allowed to leave the castle to retrieve the cannonballs.
- The enemy are safe if they make it through the kingdom without getting hit by a cannonball (below the shoulders).
- Caught enemies join the castle which hit them and become a knight for that castle. Repeat until all enemies are caught.